



John F. Kennedy Breakfast & Lunch Menu

BCSD is an equal opportunity provider and employer. Menus are subject to change.

Monday, December 1	Tuesday, December 2	Wed., December 3	Thursday, December 4	Friday, December 5
<p>Breakfast Cinnamon Bun</p> <p>Lunch Breaded Chicken Tenders Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice *Kale Chips Assorted Canned & Fresh Fruit Milk Variety</p>	<p>Breakfast Breakfast Pizza</p> <p>Lunch *Nachos Ground Beef Cheese Sauce Lettuce & Tomato Nacho Chips Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Breakfast *Homemade Muffin</p> <p>Lunch *Rotini Pasta, Plain *Tomato or Meat Sauce Whole Wheat French Bread Broccoli Assorted Canned & Fresh Fruit Milk Variety</p>	<p>Breakfast *Bacon, Egg, Cheese on a Roll</p> <p>Lunch *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned & Fresh Fruit Milk Variety</p>	<p>Breakfast Cinnamon Bun</p> <p>Lunch Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety</p>

SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, December 8	Tuesday, December 9	Wed., December 10	Thursday, December 11	Friday, December 12
<p>Breakfast Cinnamon Bun</p> <p>Lunch Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Baby Carrots Assorted Canned & Fresh Fruit Milk Variety</p>	<p>Breakfast Breakfast Pizza</p> <p>Lunch Pizza Bagel Caesar Salad Assorted Canned & Fresh Fruit Milk Variety</p>	<p>Breakfast *Homemade Muffin</p> <p>Lunch French Toast Bites Maple Syrup Sausage or String Cheese Hash Browns Carrot & Celery Sticks Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Breakfast *Bacon, Egg, Cheese on a Roll</p> <p>Lunch New York Thursdays *NY Beef Hamburger or Cheeseburger on a Bun Lettuce, Tomato Oven Baked French Fries Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Breakfast Cinnamon Bun</p> <p>Lunch Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety</p>

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Vegetable Of The Month
KALE

Available Daily

Breakfast
Nutrigrain Bar, Cereal Bar,
Whole Grain Muffin,
Whole Grain Roll, Bagel or Cereal,
Fresh Fruit or Fruit Juice
& 1 Cup Serving Milk Variety

Alternate Lunch
Monday: Bagel Lunch:
Bagel, Cheese Stick, Yogurt
**Tuesday: Turkey Sandwich or
Baked Potato Meal**
Wednesday: Ham & Cheese Sandwich
**Thursday: Turkey Sandwich or
Baked Potato Meal**
Friday: Bagel Lunch:
Bagel, Cheese Stick, Yogurt

Offered Daily:
Grab & Go Salad Plate
Sunflower Butter & Jelly Sandwich
Offered Daily With All Meals:
Assorted Vegetables:
Garbanzo Beans,
Broccoli, Carrots,
Tomatoes, Cucumbers,
Tossed Green Salad, Corn
& Whole Grain Dinner Roll
& Assorted Fruit:
Fresh, Canned and Fruit Juice
& Milk Variety
*Made From Scratch

Monday, December 15

Breakfast
Cinnamon Bun

Lunch
Breaded Chicken Tenders
Choice of Dipping Sauces OR
Grilled Chicken on a Bun
Brown Rice
Baby Carrots
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, December 16

Breakfast
Breakfast Pizza

Lunch
Mozzarella Stuffed
Bread Sticks
Tomato Sauce for Dipping
Green Beans
Assorted Canned & Fresh Fruit
Milk Variety

Wed., December 17

Breakfast
*Homemade Muffin

Lunch
*Wacky Mac, Plain or
*Tomato or Meat Sauce,
Broccoli
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, December 18

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
Snack Box
Soft Pretzel
NY Cheese Stick
Sunbutter Cup Dipper
Carrot Sticks
NY Apple Slices
Milk Variety

Friday, December 19

Breakfast
Cinnamon Bun

Lunch
Pizza with Cheese or
Pepperoni Topping
Tossed Salad with
Italian Dressing
Fruit Juice
Milk Variety

SALAD BAR FEATURING Grab & Go Chef Salad Plate

'sno jokes'

Holiday Recess
begins at the
end of classes
**Friday,
December 19th**

Classes
resume
**Monday,
January 5th**



**Free School Meals Are
Here For Brewster!!!**

**Free & Reduced
Applications Are No
Longer Needed.**

**ALL Brewster Students are
eligible for school breakfast
& lunch each day at no cost
to families!**

**A La Carte & Snacks Will Still Be
Available at Regular Prices.**

Any Questions Contact:
dpalmiero@brewsterschools.org
Or call 845-279-3702 ext. 2125

**Here's wishing you a bright and happy
holiday season!**

